

Maryland SHIP "Health Action" Newsletter

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Governor Martin O'Malley
Lt. Governor Anthony G. Brown
DHMH Secretary Josh Sharfstein

December 13, 2013

New Obesity Treatment Guideline Released



2013 Prevention Guidelines Tools

In 2012, only 34.6% of Maryland adults were at a healthy weight. Aligned with efforts in the state, the American Heart Association and the American College of Cardiology released guidelines for obesity treatment that urges healthcare providers to help patients achieve and maintain healthy body weights.

The report recommends that healthcare providers encourage a reduced calorie diet, increased physical activity, and behavioral strategies. It is recommended that physicians calculate Body Mass Index (BMI) more frequently and use the measure to identify adults at risk of heart disease and stroke. Additional recommendations suggest focusing on a 5-10% weight loss during the first six months to reduce high blood pressure and diabetes.

Click [here](#) for more information.

Click [here](#) to view the obesity treatment guidelines.

View the **SHIP measure** and **tools** for increasing the proportion of adults who are at a healthy weight.

Expanding Efforts to Increase Mental Health Services to Hispanics



Hispanics and other minority populations are less likely to seek mental health services due to lack of access to care, lack of education or awareness about mental illnesses,

and the stigma associated with mental health. In order to reduce the disparity and improve utilization of mental health services by Hispanics, researchers investigated why minorities are less likely to seek available mental health services. Research findings of the Improving Access to Mental Health in Primary Care Program funded by the **National Institute for Health Research (NIHR)** suggest that the need for culturally relevant care and

outreach programs is critical. Since the Hispanic population in the U.S. is expected to triple by 2050, cultural competency is essential in order to better coordinate care.

Click [here](#) for more information.

Click [here](#) to view the full report.

View the [SHIP measure](#) and [tools](#) for reducing the number of emergency department visits related to behavioral health conditions.

2013 America's Health Rankings Show Improved National Health



The 2013 America's Health Rankings report shows improvements to the nation's overall health. The U.S. adult obesity rate slightly declined from 27.8% to 27.6%, and the prevalence of binge drinking and premature deaths declined by 1.4% and 2.4% respectively. Maryland is ranked 24 with a decline in smoking from 19.1% to 16.2% and a decline in physical inactivity from 26.3% to 23%. The report highlights rates of child poverty, lack of health insurance, low immunization coverage among children and low birth weight as challenges in the U.S.

Click [here](#) to view the 2013 America's Health Rankings.

Click [here](#) for more information about Maryland's ranking

Upcoming Event: "The Current State of Obesity Solutions in the United States"



INSTITUTE OF MEDICINE
OF THE NATIONAL ACADEMIES

Join the Institute of Medicine on January 7, 2013, for the introductory event of the [Roundtable on Obesity Solutions](#), "The Current State of Obesity Solutions in the United States." The workshop will take place from 12:30 - 5:30 p.m. at the National Academy of Sciences Building in Washington, DC. The workshop will discuss the epidemiology of obesity, and the prevalence, trends, severity, and disparities across the U.S.. Speakers will identify where change is happening, focusing on nutrition, physical activity, the elimination of health disparities, and next steps.

Click [here](#) for more information about the workshop.

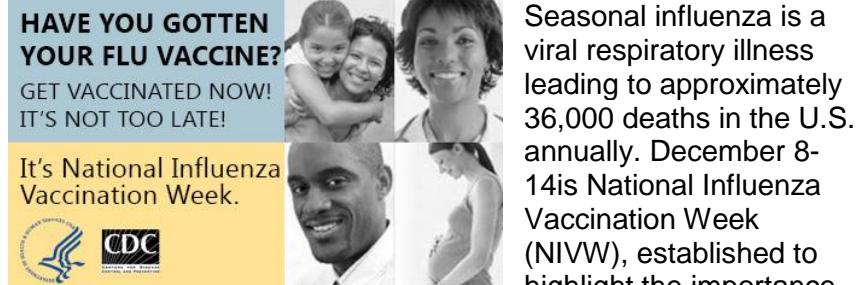
Click [here](#) to register.

Click [here](#) for more information about the Roundtable on Obesity Solutions.

View the **SHIP measure** and **tools** for reducing the percentage of children and adolescents who are obese.

View the **SHIP measure** and **tools** for increasing the proportion of adults who are at a healthy weight.

Have You Gotten Your Flu Vaccine?



Seasonal influenza is a viral respiratory illness leading to approximately 36,000 deaths in the U.S. annually. December 8-14 is National Influenza Vaccination Week (NIVW), established to highlight the importance of influenza vaccinations.

Health advocates and communities work together to promote influenza vaccinations for all individuals 6 months or older.

Click [here](#) for more information about vaccination and vaccine safety.

Click [here](#) to take the CDC Flu Vaccination Pledge for the 2013-2014 Season.

View the **SHIP measure** and **tools** for increasing the percentage of individuals vaccinated annually against seasonal influenza.

News from the Office of Primary Care Access

December Events with the University of Maryland Shore Regional Health

The University of Maryland Shore Regional Health is hosting health education and screening events throughout the month of December.

Click [here](#) for more information about event dates and times.

Upcoming Events

Rural Maryland Council Executive Board Meeting

January 24, 2014 (12 PM - 2 PM)
PCC West, Miller Senate Building
11 Bladen St, Annapolis, MD 21401

Click [here](#) for more information.

Rural Health Policy Institute
National Rural Health Association
February 4 - 6, 2014
Washington, DC

Click [here](#) for more information and to register.